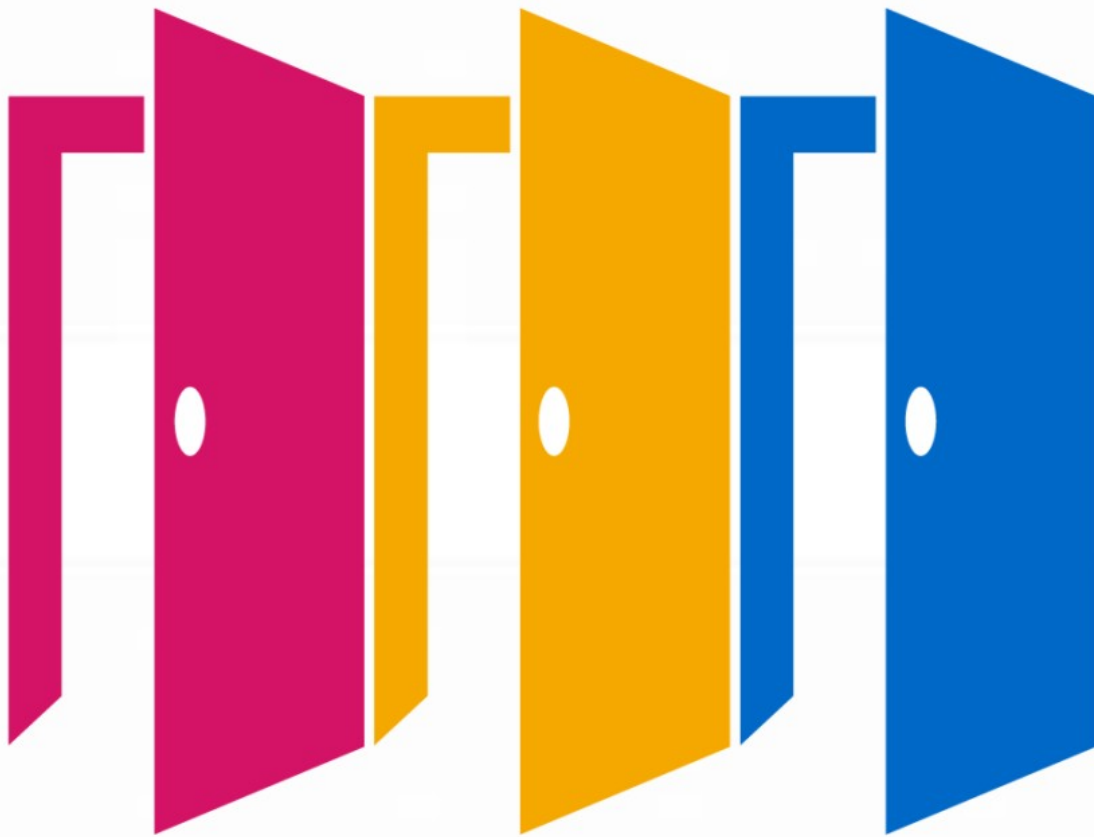


# REED

## CHRONICLE

THE OFFICIAL PUBLICATION OF THE ROTARY CLUB OF EAST DAVAO

Rotary  
33<sup>rd</sup> Issue



### Rotary Opens Opportunities

Rotary  
Club of East Davao



# RCED AT WORK

- 1.) TWO (2) BED EYE SURGICAL MOBILE VAN "Dapitan"** of Maharlika Charity Foundation, Inc. A Rotary Foundation Matching Grant/World Community Service project worth PhP6 million. This major project was initiated by RCED with RC Wakayanagi, RC Funabashi West, District 2520 Iwate Miyagi, Japan and District 2790 Chiba, Japan and PAG Atsushi Sasaki, M.D.
- 2.) A FIRETRUCK to Davao Volunteer Fire Brigade, Inc.** a joint project with our sister club – Rotary Club of Funabashi West, Chiba, Japan. Likewise assisting them in the annual maintenance of the unit.
- 3.) RCED-OIKAWA SCHOLARSHIP PROGRAM.** A college scholarship grant for Education Course funded by philanthropic and kindhearted Japanese Rotarians of the RC Ishinomaki South, Miyagi Prefecture, Iwate, Japan who have been extending financial support since RY 2000. A Rotary way of helping financially disadvantaged but deserving high school students acquire College Degree which could help them be alleviated from poverty.
- 4.) NEURO-URO SURGICAL INTENSIVE CARE (ICU) WARD at Davao Medical Center.** A Rotary WCS Funded project worth \$14,500 with invaluable support of RC Wakayanagi, RC Funabashi West & District 2790 Chiba, Japan.
- 5.) FEEDING PROGRAM BY ROTARY SPOUSES.** Under the "Adopt a School Program" of Department of Education. A WCS supported project with RC Ishinomaki South for J.P. Rizal

Elementary School and Juan Cruz Sr. Elementary School for malnourished children.

**6.) A "Water System" at Kapatagan, Davao del Sur.** This is a TRF Matching Grant Project with RC Wakayanagi, Japan. The project benefits about 300 residents in both Sitio Terril and Ranu, who used to fetch water from other sources (normally 3 to 5 kms away). A "Highway water station" was also built for travellers and vehicles that visit the area to trade in vegetables and deliver farm implements. We also installed the "Flowing Washing Area" (attached to the water reservoir)... to give easy access to residents doing their daily laundry.

**7.) OPERATION SAGIP MATA PROJECT.** RCED's Gift of Sight. In commemoration of Rotary's first 100 years of service, RCED turned over a Topcon OMS-90 Operation Microscope and other cataract surgical instruments amounting to PhP670,000.00 to the Davao Medical Center Ophthalmology Department. The eye surgery equipment was acquired by RCED with the invaluable support of its international sponsors, the RC of Wakayanagi, Japan, Dr. Atsushi Sasaki and TRF.

**8.) TWO-STOREY TWO-CLASSROOM SCHOOL BUILDINGS as RCED "Centennial Project"** at Sasa Elementary School worth PhP600,000. A World Community Service Project with international partners: District 2790 Chiba, Japan, RC Wakayanagi, RC Ishinomaki South, RC Funabashi West and Past Asst. Gov. Atsushi Sasaki, M.D. of RC Wakayanagi, Japan and District 2520 Iwate Miyagi, Japan.

**9.) MOBILE EMERGENCY DISASTER RESCUE EQUIPMENT.** Another Rotary Foundation Matching Grant/ WCS Project with valuable assistance of its partners, PAG Atsushi Sasaki, M.D., RC Wakayanagi, Japan and the District 2520 Iwate Miyagi, Japan, donated a complete set of brand-new top-of-the-line accident rescue equipment amounting to \$16,000 to Philippine National Red Cross - Davao Chapter.

**10.) COMMUNITY WATER STATION.** A TRF Matching Grant project No. 65912 which provided a water purifier and accessories, reservoir, polyethylene pipes and to install a distribution network to residents of Brgy. Caliclic, Island Garden City of Samal. The project benefited 370 household residents of about 1,857 people who fetch water from a source which is three kilometers within five km radius. Project Cost: US\$21,983.82 with international sponsors RC Wakayanagi, Dr. Atsushi Sasaki and TRF.

**11.) AMBULANCE PROJECT.** A brand new ambulance, a Kia K2700 truck fitted with first aid and emergency medical facilities unit worth more than PhP1M was turned over to the people of San Isidro, a municipality of Davao Oriental, by leaders of Rotary Club of Wakayanagi, Japan of District 2520 and Rotary Club of East Davao under District 3860. The turnover was the culmination of a number of years of fund-sourcing and paper work by the two Rotary clubs under The Rotary Foundation matching grant No. 71099.

**12.) MEDICAL AND DENTAL INTEGRATED MISSIONS.** A humanitarian and community addressed project. Giving free medical checkup, tooth extraction, and free medicines in various communities.

**13.) WORLD COMMUNITY SERVICE PROJECT.** Ambulance donation to Brgy. Mintal from Rotary Club Wakayanagi and Dr. Atsushi Sasaki.

**14.) Global Grant 1640035 DAVAO EDUCATION AND HEALTH PROJECT.** The program goal is to increase access to and improve quality of health and education / training services for the women and children from three disadvantaged communities in Mindanao Southern Philippines by supporting: Basic education and literacy for the children in focus communities, Maternal and child health care via the Community Health Centre's and the specialist regional pediatric health centre. Project Cost: P4.9M.





# 54 years of Service Above Self

In 1965, then District Governor Alfonso "Poncing" Oboza and Pres. Leon "Leony" Garcia of the Rotary Club of Davao thought of organizing the 2nd Rotary Club in the City of Davao. Thus was born the Rotary Club of East Davao (RCED).

On December 1, 1965, the RCED charter was officially unveiled in a historical ceremony at the Davao Insular Hotel, with twenty-four (24) men signing-up to be charter members, 10 of whom were from the sponsoring club, RC Davao.

From its inception, RCED called Davao Insular Hotel its home, as it was the venue for its weekly Tuesday club meetings. In 2007, the club opted to transfer its meetings to the Marco Polo Hotel.

Through the years, many RCED Past Presidents (and members) were privileged to serve in various District and Rotary International (RI) positions. To name a few:

### 1. As DISTRICT GOVERNORS

Atty. Honesto "Totoy" Cabarroguis	1983-1984
Dr. Herminio "Hermie" Villano	1989-1990
Reynaldo "Boy" Reyes	1995-1996
Raoul Hilario+	1999-2000
Amb. Ramon "Monet" Tirol+	2001-2002

Another member also had the honor to serve as District Governors, but this happened after they transferred to other clubs in the city, namely Salvador "Bading" Angala of RC West Davao in RY 1975-1976.

### 2. As REPRESENTATIVES

PDG Totoy served as DISTRICT 3860's representative to the Council of Legislation which convened in Anaheim, California in 1992. He was also member of the vital Committee on Extension representing Zone 4 (encompassing 21 districts in Southeast Asia).

PDG Boy Reyes was District 3680's representative to the Council of Legislation which was held in Chicago in 2007.

### 3. As GROUP STUDY EXCHANGE TEAM LEADERS

- PDS Ben Panganiban to D591 in Florida
- PDG Totoy Cabarroguis to D611 in Arkansas, Kansas, Missouri, and Oklahoma
- PDG Hermie Villano to D6296 in North Western Michigan and Sault St. Marie, Canada
- PP Rizal Aportadera to D712 in New York
- PDG Raoul Hilario to D5670 in Kansas
- PP Tino de Jesus to D7640 in New Jersey
- PP Edsa Sancho to D5150 in San Francisco
- PP Hecky Maniquis to D5020 in Seattle, Washington
- PP Nandie Subido to D6400 in Detroit, Michigan and Ontario, Canada and Team Member to District 6630 Cleveland Ohio, 1982
- PP Jesse Fortich to D6200 in Louisiana

Through the years, the club has embarked on numerous community projects, (i.e., donated artesian wells, school buildings, books, clothings, scholarships, conducted medical and dental missions, disaster response, etc.) all in pursuit of Rotary's Theme of "Service Above Self." (Please see next page, RCED @ WORK, for a list of some of the more recent major projects the club has under taken).

A cornerstone project that the club has been known for is its scholarship program. Here, the club offers the scholarship to deserving and highly motivated high school students, who have graduated and have proven themselves in the academic field. One major condition is that they must come from families who are economically challenged and may not enrol in college without assistance. The student applicant must be willing to take and finish an education course—and be teachers of tomorrow. The objective of this approach is so that they will become agents of change who are skilled to educate the growing populace in our communities—eventually helping fight poverty.

This is made possible because of the numerous RCED Members' contribution and/or joint "ventures" that the club tries to build. One very successful example of this is the college-scholarship at the Holy Cross of Davao College—a joint project with the Oikawa Scholarship Program and by the San Josue Scholarship. Through the efforts of PDG Boy Reyes, PDG Raoul Hilario, and PP Mickey Miyake, Matching club arrangements with Japanese Clubs RC

Wakayanagi, RC Funabashi West and RC Ishinomaki South were arranged—resulting to the annual exchange of goodwill visits and the flow of donations from Japan for the projects.

At RCED we take the word "INTERNATIONAL" seriously. This is clearly seen in the different nationalities of its member (Filipinos, Americans, Europeans, Australians, Japanese, and many others). For some time now, the honorable consuls of Japan, Indonesia, and Malaysia are/were honorary members. In the Avenue of International Service, the club organized the Rotary Club of Manado, Indonesia. A team led by PDG Boy Reyes and PP Hecky Maniquis made sure they started on the right direction.

The strength of the club lies in its membership mix and the members' passion for service. To date, RCED is still considered as club of the biggest of D3860.

RCED is an ardent supporter of The Rotary Foundation having in its roster several Major Donors, Multiple Paul Harris Fellows, PHFs and PHSMS.

To the club members, being able to BE OF SERVICE to others is more than enough reward. This philosophy has made the club stronger, more effective, and somehow "stand-out"... eventually it helped the club earn numerous awards and recognition from the District and from RI. To name a few:

- RI Asia Pacific Presidential plaque given by RI Pres. Frank Devlyn
- Global Quest award for membership growth in Zone 7 District
- PP Mickey Miyake - RI the highest award to a Rotarian, the "RI Service Above Self"
- Our Presidents and Club Secretaries have also been consistent awardees.
- Most Outstanding Club Bulletin for a number of years.

To RCED, these awards and recognitions are reminders, if not challenges, to do more for the community and mankind.

The succeeding decades will surely find Rotary Club of East Davao (RCED) in the forefront of Rotary's motto of "Service Above Self" and the Implementation of the District Governor's and RI President's Challenges.

**Rotary**  **Rotary Opens Opportunities**  
Club of East Davao

**ROTARY CLUB OF EAST DAVAO**

*“Transforming Team”*

Rotary Year 2020-2021



**Rossano C. Luga**  
President  
RY 2020-2021



**Cheldone I. Canes**  
President Elect  
RY 2021-2022



**Jaime S. Sabino**  
President Nominee  
RY 2022-2023  
Director, Membership



**Patrick S. Capili**  
Imm. Past President  
RY 2019-2020



**Darwin T. Santos**  
Vice President Internal



**Raphael E. Apolinario**  
Vice President External



**Frederick A. Pelayo**  
Secretary



**Francis Rene L. Real**  
Treasurer



**Ariel L. Cantil**  
Director - Club Administration



**Karl Michael G. Reta**  
Director - New Generations



**Hiroyuki Kawashima**  
Director - The Rotary Foundation



**Paul Peter R. Digal**  
Director - Public Image



**Brian U. Toh**  
Director - Community Service



**Pres. Holger Knaack**  
President, Rotary Int'l. 2020-21



**DG Rodel Riezl S. Reyes**  
District Governor, D3860



**AG Valentino L. Dionisio**  
Assistant Governor Area 2C

# PILLARS OF THE ROTARY CLUB OF EAST DAVAO

## District Governors - District 3860



**HONESTO A. CABARROGUIS**  
1983-1984



**HERMINIO A. VILLANO**  
1989-1990



**REYNALDO REYES**  
1995-1996



**RAOUL HILARIO**  
1999-2000



**RAMON TIROL**  
2001-2002



**RODEL RIEZL S. REYES**  
2020-2021

## Club Presidents (1965-2020)



**Fernando Tecson**  
1965-1966



**Tiburcio Cervantes**  
1966-1967; 1968-1969



**Juan Carriedo**  
1967-1968



**Augusto Demafeliz**  
1969-1970



**Salvador Angala**  
1970-1971



**Roman Solitaria**  
1971-1972



**Cesar Nuñez**  
1972-1973



**Francisco Reyes**  
1973-1974



**Benjamin Panganiban**  
1974-1975



**Honesto Cabarroguis**  
1975-1976



**Asterio Uybo**  
1976-1977



**Jose Campo**  
1977-1978



**Hector Maniquiz**  
1978-1979



**Herminio Villano**  
1979-1980



**Jose Custodio**  
1980-1981



**Edgardo Ereneta**  
1981-1982



**Benigno Magpantay**  
1982-1983



**Reynaldo Reyes**  
1983-1984



**Rizal Aportadera**  
1984-1985



**Dominador Cabrera**  
1985-1986



**Isidro Lahora**  
1988-1989



**Benjamin Geli**  
1987-1988



**Eufrazio de Jesus**  
1988-1989



**Raoul Hilario**  
1989-1990



**Feliciano Salvador**  
1990-1991



**Esteban Gumban**  
1991-1992



**Edgar Benedicto**  
1992-1993



**Bartolome Hernandez**  
1993-1994



**Vito Oscar Paras**  
1994-1995



**Ferdinand Subido**  
1995-1996



**Roselo Toledo**  
1996-1997



**Guillermo Arendain**  
1997-1998



**Edgardo Sancho**  
1998-1999



**Carlos Alovera**  
1999-2000



**Leonardo Chee**  
2000-2001



**Jess Fortich**  
2001-2002



**Amador Macatangay**  
2002-2003



**Hikaru Miyake**  
2003-2004



**Apollo Alquiza**  
2004-2005



**Rodel Riezl Reyes**  
2005-2006



**Virgilio Sojor**  
2006-2007



**Efen Elbanbuena**  
2007-2008



**Leo Edwin Zantua**  
2008-2009



**Ronald Go**  
2009-2010



**Antonio Ajero**  
2010-2011



**Valentino Dionisio**  
2011-2012



**Florante Santiago**  
2012-2013



**Paul John Yuste**  
2013-2014



**Anthony Banzali**  
2014-2015



**Oscar Escudero**  
2015-2016



**Fred Yelinek**  
2016-2017



**Alvin Orteza**  
2017-2018



**Prudencio Tan**  
2018-2019



**Patrick Capili**  
2019-2020

**39<sup>th</sup> REGULAR WEEKLY  
ZOOM MEETING /  
JOINT MEETING WITH  
ROTARY CLUB OF CENTRAL DAVAO  
ROTARY CLUB OF PAG-ASA DAVAO**

**PROGRAMME**

**Call to Order**

**PRES. ROSSANO LUGA**  
President, Rotary Club of East Davao

**PRES. ALDWIN CHESTER Y. DUMAGO**  
President, Rotary Club of Pag-Asa Davao

**PRES. JEROME B. CAMINA**  
President, Rotary Club of Central Davao

**Turnover of Proceedings to the Master of Ceremonies**

**RTN. ALVIN PINPIN, RC East Davao**

**Invocation**

**Honorary Member ESTHER DE JESUS,**  
RC East Davao

**National Anthem / Rotary Hymn**  
AVP

**Introduction of Visiting Rotarians and Guests**  
**AG VALENTINO L. DIONISIO, RC East Davao**

**Introduction of Guest of Honor and Speaker**  
**PRES. ALDWIN CHESTER Y. DUMAGO,**  
RC Pag-Asa Davao

**Message / Talk**

**MR. RAMON "Shake" ABOITIZ TUASON**  
Operations Head of Apo Agua Infraestructura, Inc.

**Open Forum Moderator**

**RTN. ALVIN PINPIN, RC East Davao**

**Response**

**PP ANACLETO GUEVARRA, RC Central Davao**

**Giving of Token of Appreciation  
and Adjournment**

**PRES. ROSSANO LUGA**  
**PRES. ALDWIN CHESTER Y. DUMAGO**  
**PRES. JEROME B. CAMINA**

**Attire: CLUB UNIFORM**

**INVOCATION**

Father, please help us in our earthly strife, to fulfill our responsibilities and ever to lead a pure and blameless life. Please help me to detach myself from my faults and sins so that I can be a useful instrument of Your hands to achieve Your distinctive plan for my life.

Lord, hospitals reach critical levels again of Covid cases! Oh Lord, please do something, we beg You! We are at a loss of what to do, we follow all protocols, especially staying home but others can not help going out to provide for their starving families.

Heavenly Father, another Pandemic, Racism, a deeply rooted global evil is fearfully confronting us! It transcends generations and contaminates societies. This is happening mostly abroad where injustices and oppression endured by indigenous peoples and other minorities, Asian Americans and on the repugnant view of white supremacies. Our hope for the future are our youths, who have an important role in shaping our future. We appeal to all the youths of the world, educators and leaders to teach the whole world that all people are born equal! Supremacy is an evil lie!

Father, You have taken away my dear sister Virginia! I didn't want to let her go but you decided to end her sufferings here on earth and by doing so, You gained an Angel into Your kingdom! Lord, we always pray for Your everlasting graces and blessings to all of us. Amen

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## President's Corner

**PRES. ROSSANO C. LUGA**

Club President, RY 2020-2021



**T**onight is The Rotary Club of East Davao's 39th Regular Weekly meeting and it's also a joint meeting with the Rotary Clubs of Pag-asa Davao and Central Davao.

Tonight we are super fortunate to have as our Guest of Honor and Speaker a person who holds a huge responsibility of taking the lead in building the bulk water supply system for Davao City. The Bulk Water Supply was in fact one of the City Mayor Inday Sara Duterte's legislative agenda in her state of the city address in 2017.

Today, we wrote a letter to MAHABBOK Mahabbok Luis A. Lambac, Chairman - ADM Office Head Obu-Manuvu Unified Ancestral Domain Tribal Council of Elders/Leaders, Inc. (OMUADTCELI).

We sent the letter via an email thru his son, Sodduan Maljun B. Vice Chairman, OMUADTCELI.

The purpose of the communication was sending them a proposal for establishing a Rotary Community Corps.

In fact, we have already had some engagements with their office last September 26, 2020 when we did the following activities:

1. Free Eye Check-Up and Distribution of Reading Glasses;
2. Turnover of clothing from our partner Rotary Club of Adelaide, Australia;
3. Bamboo Tree Planting in observance of Bamboo Day celebration; and
4. Pine Tree planting within the premises of your office.



Rotary  
District 3860



**DISCON 2021**  
JUNE 4-6, 2021  
*"Opening Opportunities to a Whole New World"*

If...  
LIFE IS A JOURNEY.  
**ROTARY**  
IS AN ADVENTURE.  
Then, a Rotarian...  
LIFE'S JOURNEY WITH  
**ROTARY**  
IS A LIFE FILL WITH  
**MEANINGFUL**  
**ADVENTURES.**



# Guest of Honor and Speaker

**RAMON "Shake" ABOITIZ TUASON**

Operations Head of Apo Agua Infraestructura, Inc.

**Topic:** Update on Davao City Bulk Water Supply Project (DCBWSP)



**Apo Agua Infraestructura, Inc.** is a joint venture company between Aboitiz Equity Ventures and J.V. Angeles Construction Corporation. We are a bulk water infrastructure company that will provide the Davao City Water District with over 300 million liters of safe water per day for the more than one million Davaoños.

## UPCOMING SPEAKER



**March 30, 2021**

**His Excellency**

**GERARDO LOZANO ARREDONDO**

Ambassador Extraordinary and Plenipotentiary of the United Mexican States

**Topic:** "Mexico and the Philippines: Two Nations united by history and the Pacific Ocean"

**2021 VIRTUAL**

**ROTARY INTERNATIONAL**

**CONVENTION**

**June 12-17, 2021**

#Rotary21 Rotary 



Register now:  
<https://www.riconvention.org/es/taipei/register>





**SEC. FREDERICK A. PELAYO**  
Club Secretary, RY 2020-2021



**ATTENDANCE REPORT**

**Our Attendance for March 16, 2021**

Present	23 including 3 Senior Active Exempt)
Make Up	07 (attended other Zoom Meetings / Club Activities)
Visiting Rotarians	00
Guests	00
Rotary Spouses	01
Absent	20
Percentage	60%



March 24  
Spouse Flor Hayag



Join **LEADERS**  
Exchange **IDEAS**  
Take **ACTION**

DG Rodel Riezl "Riz" S. Reyes

**April 9, 2021, Friday, 8:00-5:00p.m.**  
Host: Rotary Club of Tagum North



Former Chief of the PNP,  
Retired PGEN Archie Francisco F. Gamboa

Lorenzo E. Mendoza, PhD

Mervin Jay Z. Suaybaguio, PhD, DDM



DGE Anna Louisa A. Bumagat



Mr. Giovanni I. Gulanes



Vice Governor Maria Carmen S. Zamora





POINT OF VIEW

**VP RAPHAEL E. APOLINARIO VI**  
*Editor in Chief, RED Chronicle*

## A profound denouement...

*At the door of the house, I knelt down three times. Bade farewell to the neighbor, and left.\*\* My friend has two sons who went to National Taiwan University and Tsinghua University and still has to retire to a nursing home.*

*This is an article that is currently circulating and a text that has caused many reflections on the Internet. The author is a retired writer, and he expressed emotion when he was about to go to a nursing home. (Originally written in Chinese)*

I'm going to a nursing home. I have to. When life gets to where you are no longer able to take care of yourself completely, your children are busy at work and have to take care of their children and have no time to take care of you, this seems to be the only way out.

The nursing home is in good condition, with clean single rooms equipped with simple and practical electrical appliances. All kinds of entertainment facilities are complete, the food is fairly delicious, the service is also very good. The environment is also very beautiful, but the price is not cheap.

My pension is poorly supported. But I have my own house. If I sell it, the money is not a problem. I can spend it on retirement, and the rest will be left as an inheritance for my son. The son understands very well: your property should be enjoyed by you, don't consider us. The rest is that I have to consider preparing to go to a nursing home.

As the saying goes: Breaking a family is worth tens of thousands, which refers to many things. Needles, needles, and brains are indispensable for life. Boxes, cabinets, and drawers are filled with all kinds of daily necessities: clothes for all weathers and bedding for all seasons.

I liked to collect. I have collected a lot of stamps. I have also hundreds of purple clay pots. There are many small collections, and such small items as pendants of emerald and walnut amber, and two small yellow croakers. Especially books, the bookcase on one wall is full.

There are dozens of bottles of good foreign wine; there is also a full set of household appliances; various cooking utensils, pots and pans, firewood, rice, oil, salt, various seasonings, and then the kitchen is also full; there are also accumulated dozens of photo albums..., looking at the house full of things, I'm worried!

The nursing home has only one room with a cabinet, a table, a bed, a sofa, a refrigerator, a washing machine, a TV, an induction cooker and a microwave oven -- all

the things I will really need. There is no place to store the wealth that I have accumulated throughout my life.

At this moment, I suddenly feel that my so-called wealth is superfluous, and it doesn't belong to me. I just take a look at it, play with it, use it. It actually belongs to this world. The lives that come in turns are just passing by. Whose is the Forbidden City? The emperor thought it belonged to him, but today it belongs to the people and society.

Why did Bill Gates donate all his property; why has Jack Ma announced that he would donate all the collections in his museum..., that is because they understand: all this is not originally theirs. One look, one play, one use, if you can bring it to life, you can't take it in death; it's better to build your fame and tarnish your reputation, and end up with good deeds. How wise!

I really want to donate the things in my house, but I can't get it done. To deal with it has now become a problem. Very few children and grandchildren can appreciate. I can imagine what it will be like when my children and grandchildren face these painstakingly accumulated treasures of mine: all the clothes and bedding will be thrown away; dozens of precious photos will be destroyed; books will be sold as scrap. Collections? If you are not interested, you will dispose of them. The mahogany furniture is not practical and will be sold at a low price.

Just like the end of the Red Mansion: only a piece of white left, so clean. Facing the mountain of clothes, I only picked a few favorites; I only kept a set of pots and pans for kitchen supplies, a few books that are worth reading; a handful of teapots for tea; Bring your ID card, senior citizen certificate, health insurance card, household register, and of course a bank card. Enough!

It's all my belongings! I'm gone. I bid farewell to my neighbors, I kneel down at the door and bow three times and give this home back to the world.

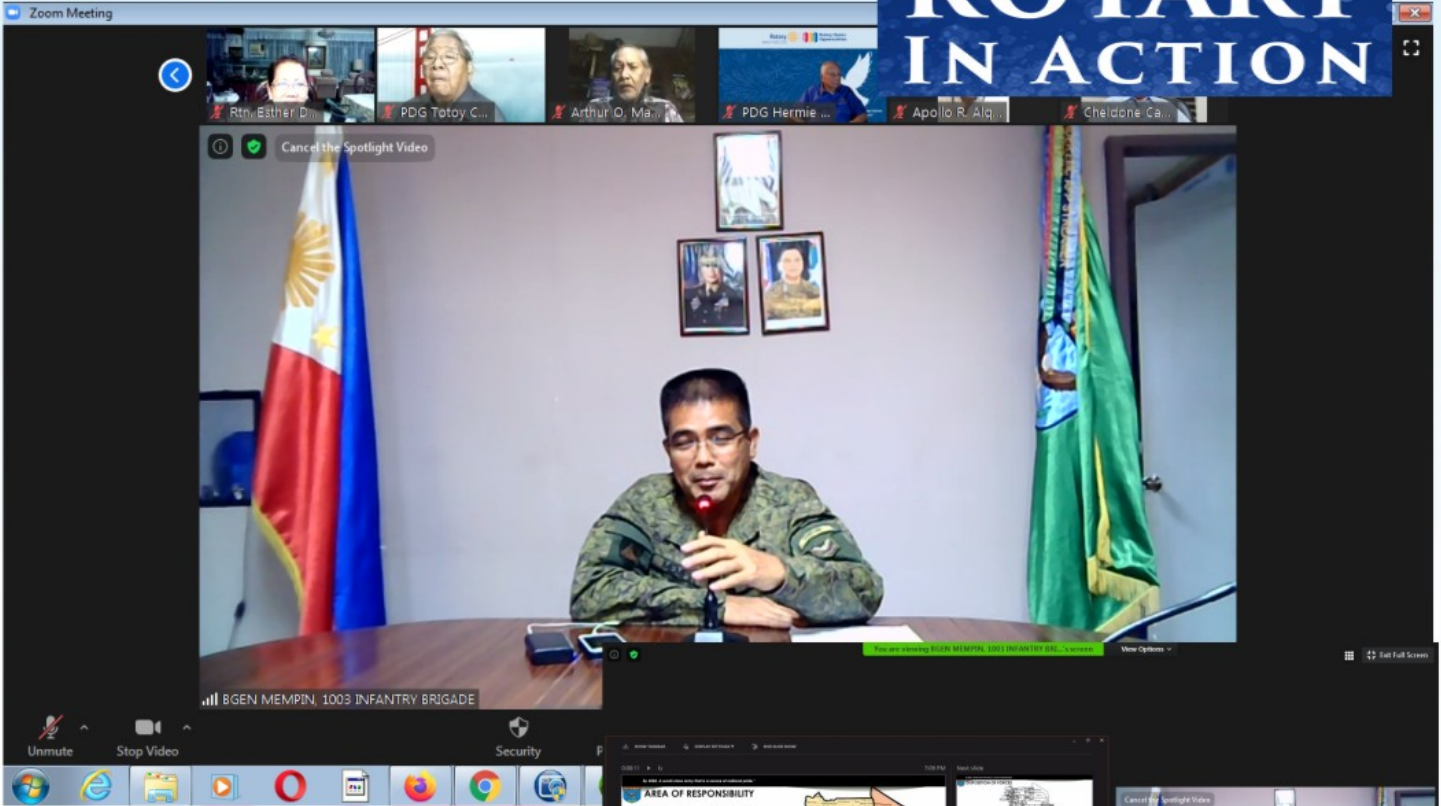
Yes! In life, you can only sleep in one bed, live in one room. Any more of it is merely watching and playing!

Having lived a lifetime, people finally understand: we don't really need much, don't be shackled by superfluous things to be happy! It's ridiculous to compete for fame. Life is no more than a bed.

For people over 60 years old, should we think carefully about how to take the last journey in life? Let go of fantasies and baggage, and of those things that can't be eaten, worn, used or taken with you.

**ONLY THOSE  
WHO FIND LIFE,  
FIND TREASURES**

PAULO COELHO



March 16, 2021. 38th Regular Weekly Zoom Meeting: **BRIGADIER GENERAL NOLASCO A. MEMPIN**, Commander, 1003rd Infantry (Raptor) Brigade, Guest of Honor and Speaker...

	DAVAO DEL NORTE	DAVAO CITY
MUNICIPALITY	2	2
CITY	0	8
POPULATION	1,071,000	1,071,000
LAND AREA	45,118 sq. kms	



NEW

NORMAL



# Bits & Pieces



## Is there a best time to sleep?...

This write-up is a real WAKE UP CALL for me, it may be for you too:

Is there a best time to sleep? There is a saying that sleeping early and waking up early is good for your health. How true is that? Is it alright to sleep late and wake up late?

You actually have an amazing biological clock ticking inside your body. It is very precise. It helps to regulate your various body functions including your sleeping time.

From 11pm to 3am, most of your blood circulation concentrates in your liver. Your liver gets larger when filled with more blood. This is an important time when your body undergoes detoxification process. Your liver neutralizes and breaks down body toxins accumulated throughout the day.

However if you don't sleep at this time, your liver cannot carry out this detoxification process smoothly.

- If you sleep at 11pm, you have full 4 hours to detoxify your body.
- If you sleep at 12am, you have 3 hours.
- If you sleep at 1am, you have 2 hours.

- And if you sleep at 2am, you only have 1 Hr to detoxify.

What if you sleep after 3am? Unfortunately, you won't have any time to actually detoxify your body. If you continue with this sleeping pattern, these toxins will accumulate in your body over time. You know what happens next.

What if you sleep late and wake up late? Have you tried going to bed very late at night? Did you realize you feel very tired the next day no matter how much you sleep ?

Sleeping late and waking up late is indeed very bad for your health. Besides not having enough time to detoxify your body, you will miss out other important body functions too.

From 3am to 5am, most blood circulation concentrates in your lung. What should you do at this moment? Well, you should exercise and breathe in fresh air. Take in good energy into your body, preferably in a garden. At this time, the air is very fresh with lots of beneficial negative ions.

From 5am to 7am, most blood circulation concentrates in your large intestine. What should you do

at this moment? You should poop! Pass out all unwanted poop from your large intestine. Prepare your body to absorb more nutrients throughout the day.

From 7am to 9am, most blood circulation concentrates in your stomach. What should you do at this moment? Have your breakfast! This is your most important meal in a day. Make sure you have all the required nutrients from your breakfast. Not having breakfast causes lots of health problems for you in the future.

That's the way to start your day

No wonder people living in villages or in farms are healthier. They sleep early and wake up early as they follow their natural biological clock.

If one follows this you're sure to feel fresher and more energetic all day long.

By James Pang

**Sleep is an essential part of life-but more important, sleep is a gift.**

William C. Dement

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